

PHYSIOLOGY OF SLEEP WAKE REGULATION



Process-S reflects the increase in sleep pressure, or drive to sleep, and is a function of the duration of wakefulness which starts accumulating after waking up in the morning.

Function of sleep deprivation

Sleep pressure increases during prolonged wakefulness and reduces during sleep.

Process S
Homeostatic Process

Two Process Model of Sleep Regulation

Process C
Circadian Process

SCN controlled

When light enters the eye and is translated via the retinohypothalamic tract to the suprachiasmatic nucleus within the hypothalamus, SCN signals the pineal gland to turn off melatonin production.

SCN- Suprachiasmatic Nucleus

When daylight intensity is diminished and its colour spectrum shifts from blue to red, the SCN signals the pineal gland to produce melatonin.

Rechtschaffen, A. A., Kales, A., Wittchen, S., & Peltsov, T. (1962). The two-process model of sleep regulation is essential. *Journal of Sleep Research, 11*(2), 111-119.

Clinical Physiology Of Sleep

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Clinical Physiology Of Sleep:

Clinical Physiology Of Sleep Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Clinical Physiology Of Sleep**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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